

Year 9	Physical Education Curriculum Map Autum Term								
	1	2	3	4	5	6	7	8	9
Football	Moving the ball Moving the defence to create space	Attack vs defence -attacking cross runs -decision making	Attack vs defence -creating space	Attack vs defence -defending	Attack vs defence -body position -decision making	Applying skills into games -scenario based games			
Basketball	Recap games and skills learnt in Year 8	Developing a Lay Up	Using Re-Bouncing to defend and start an attack	Triple Threat - shoot - pass -dribble	Fast Break to attack into space	Game Tactics - half court press - player to player - zonal			
Fitness	Principles of a circuit training programme -I do and we do	Principles of a circuit training programme: design and completion -you do	Principles of a circuit training programme: design and completion - progressive overload	Types of training -interval	Types of training -Fartlek	Types of training -Continuous	Components of fitness -skill related -health related	Training programme evaluation	
Aesthetics Gymnastics	Gymnastics -Rhythmic Recap	Gymnastics - equipment, setting up safely and using to perform	Cheer -motions and basic	Cheer -travel and jumps	Cheer -stunts	Cheer routine creation	Cheer routine performance		
Netball	Footwork - Turning in the air	Use of Space & Timing of Run - focus	Defending Principles - Stage 1 & 2 Marking	Netball Game - focus on converting	Tactics - Set Plays for the centre pass, within the	Netball Game - implement set plays	Umpiring		

		on running onto the pass	including interceptions	between Stage 1 & 2 Marking	circle, attacking & defending side lines & back lines		
Rugby	Principles of attack - go forward - support	Attacking variations - switch - Miss passes	Side and rear tackling	Jackling after a tackle counter ruck	Scrum -3v3	Kicking within a game -kicking from hand - kicking from the ground -high catch	